

# **The Risks and Ramifications of Childhood Overweight in Connecticut:**

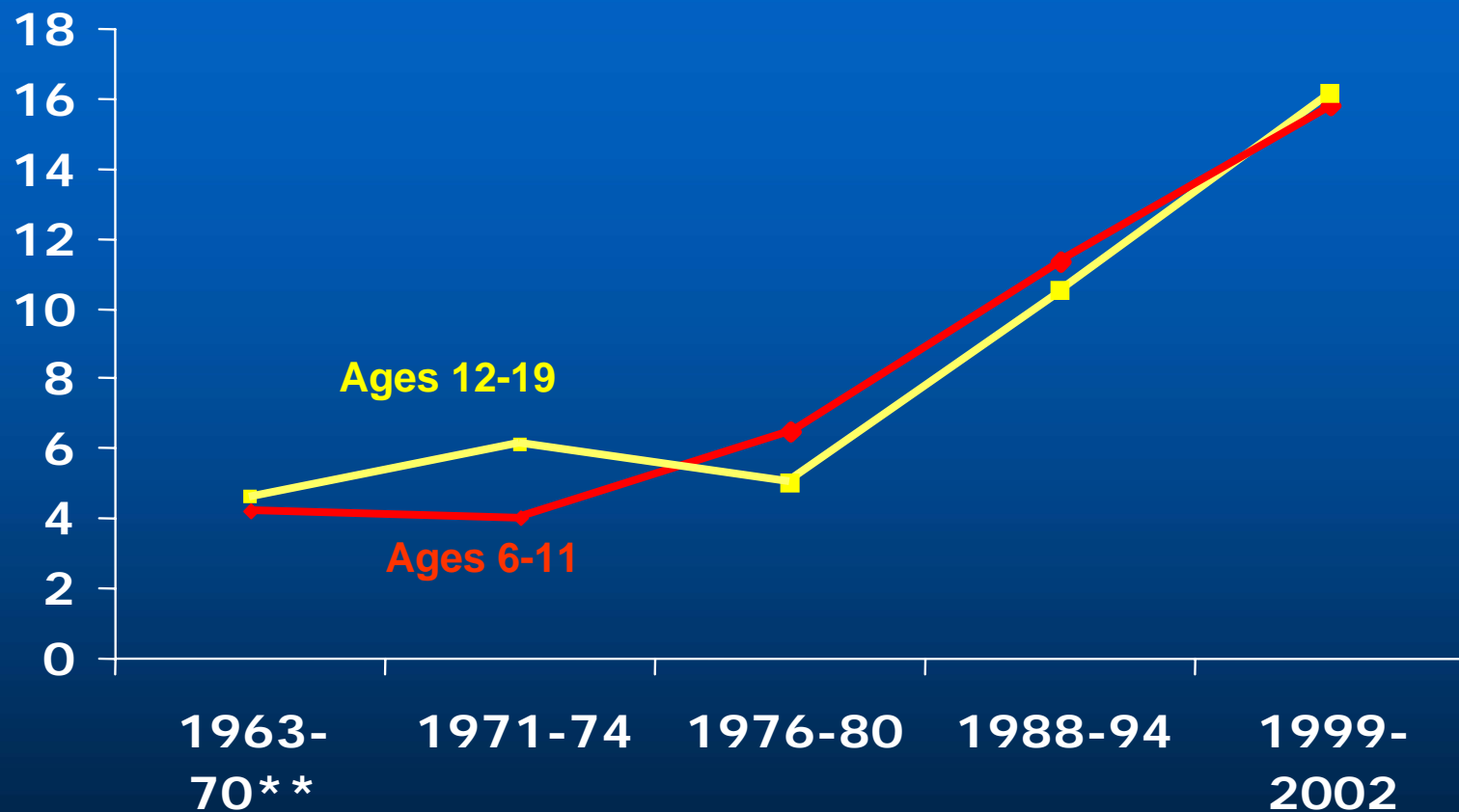
## **Where We Are and What We Are Doing**

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# Percent of Overweight\* Children and Adolescents in the United States



\* Overweight is defined as BMI  $\geq$  95th percentile for age and gender based on 2000 CDC growth charts

\*\*Data from 1963-65 for children 6-11 years of age and from 1966-70 for adolescents 12-17 years of age

Source: National Center for Health Statistics

# Connecticut School Health Survey 2005 Youth Behavior Component

- Representative sample of 9-12 graders
- Based on self-reported heights and weights
- **14.7% At Risk for Overweight**  
15.7% National average
- **11.2% Overweight**  
13.1% National average

**25.9%**  
**or 1 in 4**

# Connecticut School Health Survey 2005 Youth Behavior Component

- 78.2 % did not eat five or more fruits and vegetables per day in past week
- 32.3 % did not meet recommended levels of physical activity
- 8.8 % did not participate in any moderate or vigorous physical activity in the past week
- 33.5 % watched three or more hours of TV per day during the school week

# Health Consequences of Overweight

- Asthma and chronic respiratory conditions
- Hypertension - ↑ blood pressure
- Dyslipidemia - ↑ cholesterol or triglycerides
- Diabetes
- Heart disease and stroke
- Depression
- Gallbladder disease
- Osteoarthritis
- Cancer - endometrial, breast and colon

**only smoking  
exceeds obesity's  
contribution to  
morbidity and  
mortality rates  
in the US**

# Overweight and Diabetes

- Current CDC estimates predict that unless we change the way we live, one in three children born in the United States in 2000 will develop diabetes in their lifetime.



**33%**  
**or 1 in 3**

**That's 14,340 new cases of diabetes  
among Connecticut youth per year.**

# Risk for Heart Disease in Children

% of children, aged 5-10,  
with 1 or more risk factors  
for heart disease:

**27.1%**

% of children, aged 5-10,  
with 2 or more risk  
factors for heart disease:

**6.9%**

Source: Freedman DS et al. Pediatrics 1999;103:1175-82

# Risk for Heart Disease and Overweight

overweight  
✓

% of children, aged 5-10,  
with 1 or more risk factors  
for heart disease:

~~27.1%~~

60.6%

overweight  
✓

% of children, aged 5-10,  
with 2 or more risk  
factors for heart disease:

~~6.9%~~

26.5%

Source: Freedman DS et al. Pediatrics 1999;103:1175-82



# Risk for Heart Disease and Overweight

overweight

✓  
% of children, aged 5-10,  
with 1 or more risk factors  
for heart disease:

~~27.1%~~

60.6%

14,999

CT  
YOUTH

overweight

✓  
% of children, aged 5-10,  
with 2 or more risk  
factors for heart disease:

~~6.9%~~

26.5%

6,559

# The Economic Burden of Overweight

- An estimated 4.3% of adult medical expenses in Connecticut in 2003 were related to obesity.

**\$856 million dollars**

- Medicare and Medicaid financed approximately 78% of these expenditures.

**National Average is 50%**

Controlling the growth of the obesity epidemic is a matter of investing in our children's health now...

Or paying later.



# DPH Obesity Program Priorities

- Establish infrastructure
- Secure on-going program funding
- Evaluate and expand ConnectiFIT
- Implement statewide surveillance mechanism
- Support related legislation where appropriate

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PUBLIC HEALTH

Keeping Connecticut Healthy

# DPH Programs Combating Childhood Obesity

- The Special Supplemental Nutrition Program for Women, Infants and Children
- Connecticut Breastfeeding Initiative
- Five A Day
- Maternal and Child Health Block Grant
- Preventive Health Block Grant

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# Government and Research Partners

- Department of Environmental Protection  
No Child Left Inside
- Department of Transportation  
Safe Routes to School Program
- Rudd Center on Food Policy and Obesity  
at Yale University
- State Department of Education  
Action Guide for School Nutrition & Physical  
Activity Policies; Public Act 06-63
- The University of Connecticut

**Overweight adolescents have a  
70% chance of becoming  
overweight or obese adults.**

